

Full Report (All Nutrients) 45140118, AHOLD, NATURE'S PROMISE, ORGANIC STEEL CUT QUICK COOKING IRISH STYLE OATS, UPC: 688267026959

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Report Date: June 16, 2017 00:42 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer AHOLD

Nutrient	Unit	Data points	Std. Error	1 PACKET 40g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	150	375
Protein	g	--	--	5.00	12.50
Total lipid (fat)	g	--	--	3.00	7.50
Carbohydrate, by difference	g	--	--	27.00	67.50
Fiber, total dietary	g	--	--	4.0	10.0
Sugars, total	g	--	--	1.00	2.50
Minerals					
Calcium, Ca	mg	--	--	0	0
Iron, Fe	mg	--	--	1.80	4.50
Sodium, Na	mg	--	--	0	0
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	0.0	0.0
Vitamin A, IU	IU	--	--	0	0
Lipids					
Fatty acids, total saturated	g	--	--	0.500	1.250
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

Amino Acids

Other

Ingredients

ORGANIC WHOLE GRAIN STEEL CUT OATS. *Date Available:* 09/23/2016 *Date Last Updated by Company:* 09/23/2016